

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 PR * Precision Run® <i>Rene Wiley</i>	6:00-7:00 PR * Precision Run + Strength <i>Matthew Modleski</i>	6:15-7:15 PR * Precision Run® <i>Ian Culbertson</i>	6:00-7:00 PR * Precision Run + Strength <i>Ross Neumann</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	8:00-8:45 MS * Athletic Conditioning <i>Lucy Cohen</i>	8:15-9:15 PR * Precision Run + Strength <i>Ross Neumann</i>
6:30-7:20 MS * Stronger <i>Bibi Mama</i>	6:15-7:05 CS * Precision Ride <i>Lindsey Hutterer</i>	6:30-7:15 MS * Stacked <i>Nikki Elliott</i>	6:45-7:30 YS * Barefoot Sculpt <i>Tessa Southwell</i>	6:30-7:20 MS * Athletic Conditioning <i>Marzena Janasik</i>	8:15-9:15 PR * Precision Run + Strength <i>Matthew Modleski</i>	8:30-9:20 YS * Pilates Rise <i>Ava Moreno</i>
7:00-7:50 YS * Pilates Fusion (HEATED) <i>Monica Diederich</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Sarah Carr</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Sarah Carr</i>	7:00-7:30 MS * Upper Body Pump <i>Austin Williams</i>	6:45-7:30 CS * Beats Ride <i>Sarah Carr</i>	8:30-9:15 YS * Barre <i>Savannah Solley</i>	9:00-9:45 MS * Best Butt Ever <i>Lindsay B. Davis</i>
7:30-8:30 PR * Precision Run® <i>Rene Wiley</i>	7:00-7:50 MS * Best Butt Ever <i>Brenna Dwyer</i>	7:30-8:30 PR * Precision Run® <i>Alexis Harrell</i>	7:15-8:15 PR * Precision Run® <i>Rene Wiley</i>	7:00-7:50 YS * Pilates Rise <i>Brenna Dwyer</i>	9:00-9:45 MS * MetCon3 <i>Tracy Washburn</i>	9:30-10:15 YS * Trilogy Barre <i>Ava Moreno</i>
7:45-8:30 MS * MetCon Monday <i>Marzena Janasik</i>	7:15-8:15 PR * Precision Run® <i>Lindsey Hutterer</i>	8:00-8:45 MS * Stronger <i>Caitlyn Moyer</i>	7:30-7:50 MS * Best Abs Ever <i>Austin Williams</i>	7:30-8:20 PR * Precision Walk: Elevate <i>Casey Sines</i>	9:30-10:20 YS * Pilates Fusion (HEATED) <i>Savannah Solley</i>	9:45-10:45 PR * Precision Run® <i>Ross Neumann</i>
8:15-9:00 YS * Barefoot Sculpt <i>Jenna Solkow</i>	8:00-8:50 YS * Bala Bangle Barre Burn <i>Dane Sorensen</i>	8:15-9:00 YS * Pilates Mat <i>Ian Cahir</i>	8:00-8:45 YS * Pilates Fusion <b>Monica Diederich</b>	8:00-8:50 MS * Best Butt Ever <i>Jennifer Padilla</i>	9:45-10:45 PR * Precision Run® <i>Rene Wiley</i>	10:00-10:45 MS * Cardio Dance <i>Dane Sorensen</i>
8:30-8:45 MS * Best Abs Ever <i>Marzena Janasik</i>	9:00-9:45 MS * Cardio Sculpt <i>Tracy Washburn</i>	9:15-10:00 YS * Athletic Stretch <i>Caitlyn Moyer</i>	8:45-9:35 MS * Athletic Conditioning <i>Steven Maresca</i>	8:15-9:00 YS * True Barre <i>Kari McKillip</i>	10:00-10:50 MS * Stronger <i>Lindsey Hutterer</i>	10:30-11:20 CS * Beats + Bands Ride <i>Tracy Washburn</i>
9:15-10:05 MS * Stronger <i>Marzena Janasik</i>	9:15-10:05 PR * Precision Walk: Elevate <i>Matthew Modleski</i>	9:30-10:15 MS * Body Sculpt <i>Sydney Belina</i>	10:30-11:30 YS * Power Vinyasa (HEATED) <i>Austin Hollingshead</i>	9:15-10:15 YS * Vinyasa Yoga <i>Steve Jones</i>	10:15-11:05 CS * Anthem Ride <i>G.G. Aizcorbe</i>	10:45-11:45 YS * Vinyasa Yoga (HEATED) <i>Dan Ward</i>
9:15-10:15 YS * Vinyasa Yoga <i>Maeve McCaffrey</i>	9:30-10:15 YS * Trilogy Barre <i>Nicholas Duran</i>	10:15-11:15 YS * Vinyasa Yoga <i>Alex Scolari</i>	12:00-12:45 MS * Body Sculpt <b>Sarah Kusch</b>	10:30-11:20 MS * Body Sculpt <i>Kari McKillip</i>	10:45-12:00 YS * Vinyasa Yoga (HEATED) <i>Philip Anderson</i>	12:00-12:50 YS * Barre <i>Joyce Ivonne</i>
12:00-1:00 YS * Vinyasa Yoga <i>Kat Colla</i>	10:30-11:30 YS * Vinyasa Yoga (HEATED) <i>Steve Jones</i>	12:00-12:50 YS * Trilogy Barre <i>Nicholas Duran</i>	12:30-1:30 PR * Precision Run + Strength <i>Jimmy Joseph</i>	11:00-11:45 YS * Pilates Mat <i>Pearl Fu</i>	11:00-11:45 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Sarah Girard</i>
12:30-1:30 PR * Precision Run® <i>Jimmy Joseph</i>	12:00-12:50 YS * Pilates Fusion (HEATED) <i>Drea Marchesi</i>	12:30-1:30 PR * Precision Run® <i>Julie DelaBarre</i>	4:00-4:50 MS * Stronger <i>Piper Natoli</i>	12:00-1:00 YS * Vinyasa Yoga <i>Sarra Morton</i>	11:30-12:30 PR * Precision Run® <i>Rene Wiley</i>	
4:00-4:45 YS * Trilogy Barre <i>Lindsey Hutterer</i>	12:30-1:20 CS * Precision Ride <i>Clayton Buckaloo</i>	4:00-4:30 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	4:00-5:00 YS * Sculpted Yoga™ <i>Sydney Burger</i>	12:30-1:15 MS * Stronger <i>Jeff McMullen</i>	12:00-12:45 MS * Stacked <i>Matthew Modleski</i>	
5:00-5:45 MS * BootKAMP <i>Kupah James</i>	4:00-4:30 MS * Upper Body Pump <i>Valeriya Rimer</i>	4:30-5:15 YS * Barre <i>Ashleigh Smith</i>	5:00-5:45 MS * The Cut <i>Celina Vitocruz</i>	1:15-1:30 MS * Best Abs Ever <i>Jeff McMullen</i>	12:15-1:00 YS * Barre (HEATED) <i>Kristina DelGrosso</i>	
5:15-6:15 PR * Precision Run® <i>Lindsey Hutterer</i>	4:30-4:50 MS * Best Abs Ever <i>Valeriya Rimer</i>	5:00-5:50 MS * Pure Strength <i>Lindsey Hutterer</i>	5:00-6:00 PR * Precision Run® <i>Ian Culbertson</i>	4:00-5:00 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	4:00-4:45 YS * Pilates Mat <i>Kat Colla</i>	
5:30-6:15 CS * Beats Ride <i>Andre Aultmon</i>	4:45-5:30 YS * Barre Beyond <i>Olivia Atwood</i>	5:30-6:15 CS * Beats Ride <i>Matthew Modleski</i>	5:30-6:15 CS * Precision Ride <i>Christina Davis</i>	5:15-6:15 PR * Precision Run + Strength <i>Ross Neumann</i>		
5:30-6:45 YS * Power Vinyasa <i>Dan Ward</i>	5:00-5:45 MS * Pilates Fusion <i>Jenna Solkow</i>	5:45-6:45 YS * Vinyasa Yoga (HEATED) <i>Lindsey Valdez</i>	5:30-6:15 YS * Pilates Mat <i>Ian Cahir</i>	5:15-6:05 YS * Pilates Rise <i>Sarah Carr</i>		
6:00-6:45 MS * Stacked <i>Drea Marchesi</i>	5:00-6:00 PR * Precision Run + Strength <i>Jennifer Padilla</i>	6:00-6:30 MS * Best Butt Ever <i>Drea Marchesi</i>	6:00-6:45 MS * Body Sculpt <i>Jenna Solkow</i>	6:30-7:20 YS * Sonic Meditation <i>Xavianca Horne</i>		
6:30-7:30 PR * Precision Run + Strength <i>Ashleigh Smith</i>	5:30-6:15 CS * Beats Ride <i>Kathy Habert</i>	6:30-6:50 MS * Best Abs Ever <i>Drea Marchesi</i>	6:15-7:15 PR * Precision Walk: Elevate <i>Ian Culbertson</i>			
7:00-7:45 MS * MetCon Monday <i>Valentine Baker</i>	6:00-6:50 MS * MetCon3 <i>Ian Culbertson</i>	6:30-7:30 PR * Precision Run® <i>Matthew Modleski</i>	6:30-7:30 YS * Vinyasa Yoga <i>Dylan Drew</i>			
7:00-8:00 YS * Yin Yoga Meditation <i>Sarah Girard</i>	6:00-6:55 YS * Gentle Yoga <i>Heather D.</i>	7:00-7:45 MS * Athletic Conditioning <i>Ty Mauro</i>	7:00-8:00 MS * Rounds: Boxing <i>Cody Stoute</i>			
	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	7:00-7:45 YS * Pilates Fusion (HEATED) <i>Drea Marchesi</i>				
	7:00-7:45 YS * Sound Meditation <i>Heather D.</i>					
	7:15-8:00 MS * Best Stretch Ever <i>Jeff McMullen</i>					

# EQUINOX

## SANTA MONICA

201 Santa Monica Boulevard  
SANTA MONICA CA 90401  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

matthew.modleski@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**PR** PR Lab

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**Beats Ride** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run@** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Power Vinyasa (HEATED)** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Vinyasa Yoga (HEATED)** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## Athletic Training

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**BootKAMP** BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

**MetCon Monday** Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox Exclusive.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

## Barre

**Bala Bangle Barre Burn** This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Barre (HEATED)** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Fusion (HEATED)** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## Boxing and Kickboxing

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## Stretch and Recovery

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.